

(TMI Resources – May 2012)

OVERCOMING OBE BARRIERS

— advice from *The Monroe Institute®* and Bob Monroe's writings:

Achieving the out-of-body state on a consistent and willful basis has a single requirement; single, but not simple. You need to adjust or change parts of your belief system, to develop a Different Overview. Do this and the fears abate, the freedom that was there all along becomes apparent.

How do you develop your Different Overview? You try something on. If it fits, you begin to consider it. The point is to at least try it on. As to the fitting part: if no extra parts are left over when you try to put it together, it's time to get serious. It may be for real.

Every belief is based upon conclusions drawn from observed data and/or the experience of one or more individuals. A completely different belief may result from the addition of other such source material that was previously unavailable or not considered. A belief becomes a known when critical mass is reached: direct, repeatable experience by an individual, group or culture. Knowns always replace beliefs in an evolving consciousness.

Each of us can and do take this route all on our own, even if we don't admit it to others. At this point, all you're looking for is a consensus of one: you. Change your belief system based upon your own observations and experience. Change those beliefs into knowns and you have a working Different Overview. You are the ultimate authority on you. No one else. You don't need to prove anything to anyone but you.

The following is an easy way to begin. Take each step in sequence, get the idea or process solidly in place and operating, then move on. Somewhere along the way, your new Different Overview will start to emerge. Willful and objective out-of-body experiences will be a much more likely prospect.

1. Keep records. Use paper, a notebook, or digital recorder. After every return from being "un"-conscious (sleep, meditation, accident, etc.), report your first memory. You don't need to produce a thesis, just a code word or phrase that will trigger your recall. Most important, do not try to be analytic or attempt to identify the event. Simply report, and no more. Theories and conclusions will come later when you have sufficient data to draw them. Remember, you are the ultimate authority for you. You are not attempting to prove anything to anyone but you. No one else can do this for you but you, yourself. Accept no substitutes!

2. For visual and animate symbology, use this pattern: Place your hands out in front of you and put one hand on top of the other, palm to palm. Think of this as being you in your physical body. The lower hand is your physical body, the upper your second body which contains you, your consciousness. The lower is the part and parcel of the time-space system, the upper is of another energy system. Then roll one hand off so that your two hands still touch heel to heel and form a 90-degree angle. You then are 90 degrees out of phase with the physical, yet still connected. That's the primary of the out-of-body state, with both systems available. It's also suspect as the condition you drop into when you're in deep sleep or unconscious. Between the hands-together and the 90-degrees positions are all the intermediate states such as daydreaming, meditation, light sleep, drug and alcohol-induced states and others. Now spread your hands until they are apart, both palms upward. One hand has no physical contact with, or means of knowing, what the other hand is doing. However, an intercommunication system operates through the arms through the brain-mind (physical-nonphysical). In the out-of-body activity, both near and far, the mind roams with the non-physical self, but it retains contact with the physical through such a communications system. When you experience physical exit (death) for whatever reason — and there are many — signals to the physical are shut off. You and your consciousness take off for a more stable ambiance.

3. Become an explorer. Lie down for a quiet, uninterrupted period each 24 hours, breathe slowly and deeply, and let yourself relax. Keep the hand symbology in your awareness, then begin to track upstream the memories you have registered immediately after awakening. Focus upon one at a time.

4. After several months, note the changes with your newer Different Overview.

5. Periodically, go over your recordings and notations. Assemble new beliefs and modify them into knowns, if appropriate.

6. Have fun!